

BREAKFAST

| FROM 8 TO 16H00

CONTINENTAL (served till 12h30)

a cup of coffee, café latte, cappuccino or tea and a glass of freshly squeezed orange juice complimented with your choice from the buffet. fresh fruit salad, cold meats and cheeses, freshly baked bread, rolls and croissants, muesli, preserves and yoghurt.

R 85

EGGS WITH RUSTIC SOLDIERS

two soft boiled eggs with rustic bread soldiers

R 30

POACHED EGGS

two poached eggs on rustic bread toast

R 30

ENGLISH BREAKFAST

two eggs (scrambled, fried or poached), bacon or two beef sausages, fried mushrooms and roma tomatoes

R 48

FARM STYLE BREAKFAST

toasted rustic bread layered with two fried eggs, bacon, emmenthal cheese, home-made tomato chili jam and topped with rucola

R 60

FRENCH TOAST

rustic bread richly soaked in whipped egg and fried.

topped with thick baked apple slices, cinnamon and honey
plain and simple (without apple)

R 45

R 35

SALMON DELIGHT

toasted rustic bread layered with two poached eggs and slices of smoked salmon and served with fried roma tomatoes

R 78

EGGS BENEDICT

croissant or toast, ham or bacon, two poached eggs and hollandaise sauce

R 55

EGGS ATLANTIC

croissant or toast, smoked salmon, two poached eggs and hollandaise sauce

R 65

OMELETS & SCRAMBLED EGGS

| OUR OMELETS AND SCRAMBLED EGGS ARE MADE WITH 3 EGGS AND SERVED WITH A SIDE ORDER OF TOAST, BUTTER AND JAM.

PLAIN AND SIMPLE

R 30

OMELET WITH YOUR CHOICE OF FILLING

choose maximum three of the following...

ham / bacon / emmenthal cheese

mushrooms / roma tomatoes

R 60

OMELET ATLANTIC

three egg omelet filled with smoked salmon, chives and topped with rocket

R 78

ATLANTIC SCRAMBLE

three scrambled eggs topped with smoked salmon, chives and rocket

R 78

EXTRAS TO ADD TO YOUR BREAKFAST:

avocado (in season)

R 15

mozzarella fior de latte (imported)

R 25

feta, cheddar cheese, artichokes or olives

R 15

emmenthal, gypsy ham, grilled mushrooms

R 15

bacon, macon, beef sausages (2)

R 20

parmesan cheese (grated)

R 20

HEALTHY APPETITE

GREEK YOGURT, HOME-MADE MUESLI AND SEASONAL FRUIT SALAD

R 50

OATS

warm creamy jungle oats with mixed berries on the side

R 40

CROISSANTS, MUFFINS AND PASTRIES

PLAIN CROISSANT

served with jam and butter

R 22

NUTELLA CROISSANT

served with nutella chocolate spread

R 32

CROISSANT

with ham or emmenthal cheese and tomato

R 38

CROISSANT

filled with scrambled egg and bacon

R 48

MUFFIN

served with jam and butter

R 22

PASTRIES

R 22

TARTINES

| A CHOICE OF WHITE, BROWN OR RYE BREAD

CHICKEN-MAYO TARTINE

fried chicken, egg mimosa, home-made mayo & parsley **R55**
with french fries on the side **R80**

DESPERATE HOUSE WIFE

sautéed mushrooms, roma tomatoes, ricotta cheese,
brie cheese and topped with rucola **R70**

TARTINE ATLANTIC

smoked salmon, crème fraîche,
avocado, caper berries and topped with rucola **R85**

CAESAR TARTINE

grilled chicken, avocado and brie topped with a
caesar dressing **R75**

TOASTED SANDWICHES

| A CHOICE OF WHITE, BROWN OR RYE BREAD

ANCHOVETTE AND TOMATO TOAST **R30**

CROQUE MONSIEUR

toasted sandwich with ham and cheese, gherkins,
ketchup and mustard **R45**

KING DAVID TOAST

toasted sandwich with shredded tuna,
home-made mayo, capers, parsley and gherkins **R45**

TOAST EXOTIQUE

layered sandwich with ham, cheese, banana
and pineapple **R55**

ROYAL CLUB SANDWICH

layered sandwich with fried chicken breast, fried egg,
sliced tomato and crispy bacon, home-made mayo and
served with green side salad and french fries **R80**

BELGIAN STYLE SANDWICHES

| PICCOLO SANDWICH OR CHIABATTA ROLL (MAXI) FILLED WITH...

	PICCOLO	
emmental or cheddar cheese with lettuce and tomato.	R25	R35
brie or camembert served with sun-dried tomatoes and rucola	R25	R35
gipsy ham with lettuce and tomato	R25	R35
italian salami with sun-dried tomatoes and rucola	R25	R35
caprese (fior de latte mozzarella, basil, tomatoes and pesto)	R35	R45
tuna-mayo with capers and fresh tomato slices	R35	R45
chicken mayo with fresh tomato slices	R35	R45
club (cheese, ham, hard boiled egg, lettuce, tomato and mayo)	R35	R45
pate d'ardenne with gherkins and mustard	R35	R45
meat ball (beef), caramelized onions and mustard	R38	R48
roast beef with humus or mustard and rucola	R38	R48
prosciutto with artichokes and olives	R45	R55
smoked salmon and avocado	R45	R55

PASTA

| FROM 12H30 ONWARDS

PENNE ALL'ARRABIATA

spicy tomato and chili sauce and parmesan cheese **R65**

SPAGHETTI BOLOGNAISE

prime beef mince, tomato, onions and parmesan cheese
R85

REGATONI PROMENADE

creamy tomato and parmesan sauce with mushrooms,
roma tomatoes, mild chili, fried onion and garlic **R75**
with chicken and crispy panchetta **R90**

SPAGHETTI ALLA CARBONARA

egg, crispy panchetta and parmesan cheese (no cream) **R75**

SPAGHETTI ALLA PUTTANESCA

shredded tuna, tomato, chili, fried garlic and onion,
capers, anchovy, olives and parsley **R85**

**HAVING FAMILY OR FRIENDS OVER FOR A HOLIDAY...?
COME INSIDE AND HAVE A LOOK AT THE ROOMS
OF OUR 4-STAR BOUTIQUE HOTEL.**

Take advantage of our special last minute and long stay offers.
For rates and more info...www.cascadescollection.com

SALADS

| FROM 12H30 ONWARDS

SEASONAL GARDEN SALAD

mixed baby leaves, green beans, baby corn, roma tomatoes, cucumber, pumpkin seeds, mushrooms, red onions, hard-boiled egg drizzled with french vinaigrette

R 68

with avocado (in season)

R 75

GREEK OPTION with feta cheese and olives

R 75

with avocado, chicken and honey mustard dressing

R 85

CAESAR SALAD

cos lettuce, hard-boiled egg, anchovy, croutons, caesar dressing and parmesan shavings

R 68

with chicken and crispy panchetta

R 85

SALADE NICOISE

baby potatoes, olives, green beans, onion slices, baby lettuce, hard-boiled egg, roma tomatoes, caper berries, anchovy and lemon vinaigrette

R 85

PEAR AND GORGONZOLA SALAD

caramelized pears, mixed baby leaves, gorgonzola cheese, walnuts, crispy panchetta and balsamic reduction

R 75

with prosciutto or avocado

R 90

TOMATO SALAD

variety of tomatoes, red onion topped with rucola, olive oil and balsamic reduction

R 55

with prosciutto and parmesan shavings

R 85

BEEF CARPACCIO

served with virgin olive oil, rucola and parmesan shavings

R 85

COMFORT FOOD

| FROM 12H30 ONWARDS

| ALLOW 20 MINUTES PREPARATION TIME

SOUP OF THE DAY

served with rustic bread and butter

R 48

CLASSIC BEEF BURGER

prime beef burger, cucumber, tomato, balsamic roasted onions and served with french fries, aioli, ketchup and a side salad.

plain

R 75

with cheddar or brie cheese

R 85

PROMENADE LAMB BURGER

karroo lamb burger, crispy bacon, cheddar cheese and pickled cucumber served with french fries, aioli and ketchup

R 85

LOMBOK BURGER

grilled chicken satay burger, peanut sauce, caramelized pineapple and served with french fries and side salad

R 85

TWICE BAKED CHEESE SOUFLE

served with baby salad leaves, fruit relish and a balsamic reduction

R 75

CHICKEN PIE

ragout of chicken, leeks and mushrooms served with french fries, aioli and a green side salad

R 85

FISH AND CHIPS

traditional fish (hake) and chips with tartare sauce and served with french fries

R 75

FLEMISH MEAT BALLS

with creamy mashed potatoes and caramelized onions

R 75

ITALIAN MEAT BALLS

with creamy mashed potatoes and napolitana tomato sauce

R 75

CHICKEN SUPREME

herb stuffed chicken breast with roma tomatoes and basil sauce, served with french fries or creamy mashed potatoes

R 85

LAMB SHANK

slow braised karroo lamb shank served with mashed potatoes, root vegetables and a rich lamb gravy

R 120

NIBBLES

OLIVES AND FETA

R 25

MIXED PLATTER

bruscetta, italian salami, prosciutto, gruyere or feta cheese, olives and home-made chutney

R 55

CHEESE PLATTER

camembert, brie, emmenthal and gruyere, fruit preserves and rustic toasted bread

R 60

ANTIPASTA BOARD

prosciutto and/or italian salami, artichokes, olives, sun-dried tomatoes, mediteranean peppers stuffed with spicy cream cheese served with rustic bread

R 90

DINNER TIME FROM 18H00 TO 21H00

HEREUNDER A SAMPLE OF THE ITEMS YOU WILL FIND ON OUR **COMPLETE EVENING DINNER MENU**. OUR DINNER MENU CHANGES REGULARLY AND OUR STAFF CAN INFORM YOU ON THE SPECIAL SUGGESTION OF THE DAY.

DEEP FRIED CALAMARI RINGS

with garlic and lemon mayonaise or tartare sauce **R 60 / R 85**

GRILLED PATAGONIAN CALAMARI TUBES

with garlic and chilli **R 60 / R 85**

CLASSIC STEAK TARTARE

hand chopped prime beef fillet with condiments and served with toast and green side salad
140g / 230g **R 85 / R 115**

DOUBLE BAKED CHEESE SOUFLE

served with baby leaves, fruit relish and a balsamic reduction **R 75**

BEEF CARPACCIO

served with rucola and parmesan shavings **R 85**

CHICKEN BREAST

stuffed with fior de latte mozzarella, herbs and prosciutto served with french fries or potato wedges and a green side salad **R 95**

HERB STUFFED CHICKEN SUPREME

served with french fries or potato wedges, rosa tomatoes and basil sauce **R 95**

FILLET OF KINGKLIP

grilled and served on a bed of spinach and mashed potatoes and dressed with a delicate fish cream sauce **R 125**

GRILLED CHALMAR BEEF FILLET (250g)

served with a green salad and french fries **R 130**

GRILLED RIB EYE STEAK (250g)

served with herb butter, a green salad and french fries **R 110**

SAUCES

madagaskar green pepper
bordelaise (red wine reduction)
mustard and brandy
mushroom cream
roquefort **R 18**

SLOW BRAISED LAMB SHANK

served with mashed potatoes, seasonal root vegetables and a rich lamb gravy **R 120**

TO BOOK A TABLE FOR DINNER you can call us on 021 434 2586

DESSERTS

CAKE OF THE DAY **R 25**

PANNACOTTA

with coulis of seasonal fruit **R 45**

BAKED CHOCOLATE MOUSE

with vanilla ice cream on the side **R 55**

GELATERIA

OUR ICE CREAM COUPES ARE SERVED WITH THREE SCOOPS OF ICE CREAM.

DAME BLANCHE

vanilla ice cream with warm belgian chocolate sauce **R 50**

COUPE BRAZIL

vanilla and mocha ice cream with crushed nuts and caramel sauce **R 50**

PECHE MELBA **

vanilla ice cream with poached peach halves, red berry coulis and almond shavings **R 60**

PEAR WILLIAM **

vanilla ice cream with poached pears, chocolate sauce and pear liqueur **R 60**

BANANA SPLIT

vanilla ice cream with fresh banana, avokaat (egg) liqueur, almond and chocolate shavings **R 60**

COPPA FRUTTA

vanilla ice cream with freshly sliced seasonal fruits and a dash of orange juice **R 60**

STRAWBERRY DELIGHT **

vanilla ice cream with freshly sliced strawberries and red berry coulis **R 60**

BLACK FOREST COUPE

vanilla and chocolate ice cream with dark morello cherries and kirsch liqueur **R 60**

take away ice cream in a tub or cone per scoop **R 15**

whipped cream (sweetened) **R 10**

** in season

COFFEES AND OTHER HOT DRINKS

ESPRESSO	single shot / double shot	R 18 / R 20
MACCHIATO	espresso with frothed milk	R 19
AMERICANO		R 18
CAPPUCCINO	single shot / double shot	R 19 / R 23
LATTE MACHIATO	frothed milk and espresso on the side	R 22
CAFFE MOCHA		
espresso, steamed milk, cocoa and chocolate syrup		R 22
CHOCOLACCINO	espresso, hot chocolate, frothed milk	R 22
HOT CHOCOLATE		R 22
ROOIBOS CAPPUCCINO		R 19
FIVE ROSES TEA, ROOIBOS, EARL GREY, GREEN TEA, CHAMOMILE		R 18
IMPORTED INFUSIONS (Ronnefeldt)		R 25

COLD AND ICED DRINKS

COLD DRINKS	330 ml	R 16
TIZERS	330 ml	R 20
MIXERS	200 ml	R 12
CORDIALS	100 ml	R 10
MINERAL WATER STILL AND SPARKLING		
500 ml / 750 ml		R 18 / R 25
FRESHLY SQUEEZED ORANGE JUICE		R 22
ROCK SHANDY	lemonade, soda and bitters	R 28

BEERS AND CIDERS

CASTLE LAGER / WINDHOEK LAGER		R 18
PERONI		R 19
SAVANNA / HUNTERS DRY		R 21
BREWERS & UNION UNFILTERED LAGER	(500 ml)	R 48
STEPH WEISS BAVARIAN WHEAT LAGER	(500 ml)	R 48

SMOOTHIES

STRAWBERRY, PAPAYA & LIME		R 30
PINEAPPLE		R 30
BERRIES, NECTARINE AND SWEET MELON		R 30
YOGHURT, BANANA, GUAVA AND HONEY		R 30

MILKSHAKES & ICED COFFEES

VANILLA		R 30
CHOCOLATE		R 30
SEASONAL FRUIT		R 30
CAPPUCCINO		R 30
COFFEE SHAKE		
ice coffee blended with vanilla ice cream		R 28
DOM CAFFE		
ice cream, liqueur and espresso		R 36
DOM PEDRO		
ice cream and liqueur		R 32

PROMENADE COCKTAILS

MOJITO		
rum, lime, sugar, mint and soda water		R 38
COSMOPOLITAN		
vodka, triple sec, lime and cranberry juice		R 38
WHITE LADY		
gin, triple sec, lemon juice and sugar		R 45
DAIQUIRI		
rum, lemon juice, sugar, strawberries		R 45
PINA COLADA		
rum, pineapple juice, coconut cream		R 45
WAIKIKI		
rum, blue curacao, pineapple juice, coconut milk		R 45
BLUE LAGOON		
vodka, blue curacao, triple sec, lime juice and sugar		R 45
MARGARITA		
tequila, triple sec, lime juice		R 45

WINES

ASK OUR STAFF FOR THE **COMPLETE WINE LIST**
OR TRY OUR POPULAR HOUSE WINES

WHITE	sauvignon blanc chenin blanc chardonnay rosé	R 35 / R 140 R 45 / R 180
RED	cabernet sauvignon merlot	R 40 / R 160
SPARKLING	350ml 750ml	R 110 / R 190

A GLASS OF WINE MEASURES
ONE QUARTER OF A BOTTLE = 180ml